BEVERAGES

"Our Coffee Beans are roasted locally in Michigan!"

COFFEE of the DAY **$.94**

Still the BEST, Still a BUCK!

Try one of our specialty house blends, flavored coffee or our Coffee of the Month. Six to choose from daily!

ESPRESSO BASED BEVERAGES

To insure you a quality shot, our Espresso Beans are specially blended & roasted just for Cup of the Day.

See our **Specialty Coffee Menu** for more options

ESPRESSO – 2 shots **$2.99**

CAPPUCCINO **$3.75 / $4.25**
1/3 espresso, 1/3 steamed milk, 1/3 frothed milk

LATTE **$3.75 / $4.25**
Espresso w/ steamed milk or can be served iced

FRAPPUCCINO **$ 5.00** & up
2 shots espresso blended with ice

HAMMERHEAD **$ 3.99**
Coffee with 2 shots espresso

AMERICANO **$ 3.99**
Two shots of espresso & hot water, or iced

LATTE of the WEEK **$4.75** & up
* **French Syrup** add **$ .50**
* **Soy, Almond or Oat Milk** add **$ 1.00**

MORE FROM THE BARISTA

CHAI (Try a Mocha or add a flavor) **$ 3.99**
A Himalayan herbal tea served hot, cold or blended

DIRTY SODA **$ 5.95**

HOT CHOCOLATE 16 oz. **$ 3.00**

STEAMER w/ Italian Syrup **$3.50**

FLAVORED MOO w/ Italian Syrup **$3.00**

HOT TEA **$ 1.99**

ICED TEA fresh brewed, no sugar 24 oz. **$ 1.75**
Tiny 16 oz. **$ 1.50**

Fresh Florida ORANGE JUICE 16 oz. **$ 2.99**

CHOCOLATE MILK 16 oz. **$ 1.99**

2% MILK 16 oz. **$ 1.50**

IN THE COOLER

We proudly serve
Michigan-Made Faygo beverages & Vernors.
We offer a wide assortment of bottled teas, juices, waters Coca-Cola products available also

BOTTLED SODA (deposit included) **$ 2.29**

BOTTLED H_2O **$ 1.99**

FRUIT JUICE **$ 1.99**

GATORADE **$ 2.69**

ENERGY DRINKS **$ 4.49**

Welcome to "**The Cup**"…
WHERE FRIENDS ALWAYS GATHER and LOVERS RENDEZVOUS

Ask about our Catering

Chef Anthony and his staff can cater your next meeting or function. From his kitchen, at your facility or at a rented hall, they will prepare fantastic, mouth-watering celebrations!

YES, YOU CAN HOLD YOUR NEXT MEETING HERE AT CUP OF THE DAY. PLEASE CALL 635-7272 FOR TIMES AND AVAILABILITY.

Our Philosophy on Food and Coffee

We believe that food should be simple, fresh, wholesome and attractive. We also know that the best foods are made from the highest quality, natural ingredients. Chef Anthony & staff proudly feature more than 86 Classic Sandwiches & more than 24 salads.

In Pursuit of Great Coffee...

We take every effort to furnish you with the finest coffee imaginable. We use only the freshest 100% Arabica beans, from a nearby **Michigan Roaster**, in brewing our coffee and espresso. We also grind the beans just before brewing & then keep our priceless Java in vacuum pots to maintain its flavor and aroma. We will often **Roast** our own "**House Coffee**" right on premises.

The Fabulous Panini

According to myth, the ancient god Pan, was in charge of seeking out new & exciting foods for his fellow gods to enjoy. Once, while visiting a lady friend on earth, Pan was urgently summoned back to Olympus. The gods wanted a new dish for lunch. Pan had his mortal friend throw together the simple fair she had in her cottage - bread, meat, cheese and tomatoes. But in her haste, the girl dropped her food into a smoldering hearth. To Pan's relief, the gods loved the succulent new taste. Since then, the food became known as PANINI - Pan's simple creation. Today's American Panini offers flat breads, stuffed with a variety of dressing, fillings and grilled on a unique Panini grill.

Great food you feel good about eating!

DAILY LUNCH SPECIALS & SOUP

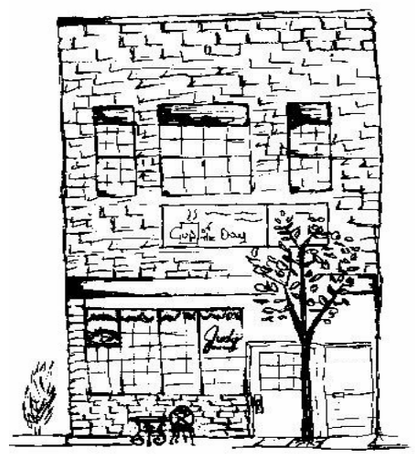
Check our Deli boards to see what our specials are today.

Coffee House and Deli

Cup of the Day

406 Ashmun Street
Sault Ste. Marie, Michigan
635-7272

The Heart of Downtown Sault Ste. Marie
Since 1997



Serving the Best Lunch in Town, Everyday !

We are the Soo's original Internet Café;
and we have on-site tech support to assist you.

Find our **NEW** updated website at:
www.cupoftheday.com

Find us on: and

FRUIT SMOOTHIES

Our fruit drinks are **all-natural**. They start with fresh, frozen berries & Florida Orange juice; then you can add ingredients or mix n' match fruits.

We **DO NOT** use ice in our Smoothies!

TRY ONE OF THESE FAVORITIES

BASIC FRUIT - Our most **POPULAR** Smoothie… w/ strawberries, blackberries blueberries & raspberries.
SUPER FRUIT - Quite simply… made with all the fruits!
RASPBERRY DELIGHT - A raspberry Smoothie.
BERRY MANILOW - A strawberry Smoothie.
GIVE PEACH A CHANCE - Peach & Mango.
PARADISE, MI – Banana, Pineapple & Mango.

16oz. $ 7.99

FRUITS

Blackberries - Blueberries – Raspberries - Mango
Peaches - Strawberries - Bananas – Cherries – Pineapple

SMOOTHIE ADDITIVES

Wheat Germ - Bee Pollen – Flax Seed
Soy Protein - Apple Cider - Rice Milk - Soy Milk

add $ .75 each

BREAKFAST

Fresh Fruit Bowl **$ 5.50**

Oatmeal topped w/ TC dried cherries **$ 5.50**

Bagel or Toast **$ 3.59**
With Peanut butter or Cream Cheese **$ 4.59**

Breakfast Croissant **$ 4.75**
Toasted croissant w/ ham & cheddar.
with egg add **$ 1.00**

Breakfast Bagel **$ 4.25**
Toasted bagel w/ ham & cheddar.
with egg add **$ 1.00**

Muffin **$ 4.99**

Old-Fashioned Sour Cream Donut **$ 1.99**

Pastries or Coffee Cake **$ 4.99**

Cinnamon Bun **$ 4.99**

Don't miss these treats in the store!

SPORTS & NUTRITIONAL BARS - ENERGY BARS
CHOCOLATE TRUFFLES - COFFEE CANDIES
FINE IMPORTED CHOCOLATES

CHEESECAKE, PIES & BARS

Peek into our refrigerated dessert cooler on the front counter for today's delicious selections.

Check our selection of
Hand-Dipped Ice Cream
Shakes - Cones - pints & quarts to take home

VEGETARIAN SANDWICHES

DANNYS VEGAN **$ 7.99**
Loaded with all of your favorite vegetables, just pick your dressing; served on multi-grain whole wheat bread.

THE ROMA PANINI **$ 6.99**
Mozzarella, Roma tomatoes and Balsamic Vinaigrette (with basil & oregano), grilled.

HERBED VEGETARIAN **$ 7.99**
Herbed cream cheese topped w/ fresh crisp robust seasonal garden vegetables.

TUBE SALAD **$ 7.99**
A Sun-dried tomato tortilla filled with fresh veggies and our Roasted Garlic Dressing.

GREEK BATON **$ 7.99**
Crisp leaf lettuce, feta cheese, olives, sweet red onions, cucumbers and banana peppers rolled in a tomato tortilla.

VEGETABLE CROISSANT **$ 9.99**
Herbed cream cheese on a croissant topped with cheddar cheese, tomatoes, cucumbers, red onions & lettuce.

GRILLED VEGETABLE PANINI **$ 10.99**
Zucchini, yellow squash, roma tomatoes, pepper strips, onions, Mozzarella cheese & our Roasted Garlic Balsamic, grilled.

'KID at HEART' MENU

TRIPLE DECKER PBJ **$5.99**
CHEESE TOASTIE (Swiss & cheddar) **$ 5.99**
GRILLED HAM & CHEESE **$ 8.99**
ANIKA'S SPECIAL **$ 8.99**

OUR HOMEMADE SOUPS

Check our deli board for today's soups.
BOWL - served with Crackers **$ 4.49**
1/2 Sandwich & SOUP **$ 9.99**
1/2 Sandwich & **Gumbo** or **Chili** **$ 10.99**
CHICKEN GUMBO Our Signature Soup **$ 5.49**
CHEF ANTHONY'S '**ORIGINAL RECIPE**' CHICKEN GUMBO

Ask Chef about the history of this Sault favorite dating back to **1987**.
It's often imitated, it's **NEVER** duplicated!

SPECIAL REQUESTS

Special requests are always possible and are never a problem at Cup of the Day. Just ask!

DOUBLE MEAT on any **SANDWICH** add **$ 5.00**
Add bacon or cheese to sandwich add **$ 1.00**
ANY SANDWICH on a **BAGEL** add **$ .50**
on a **CROISSANT** add **$ 1.00**
Side of Coleslaw **$ 1.50**

Any 1/2 SANDWICH served w/ chips **$ 5.50**

Menu & pricing subject to change.

SPECIALITY SANDWICHES

All sandwiches are served with a crisp deli pickle & chips.

STACK'S DELI SANDWICH **$ 10.99**
Your choice of Ham, Chicken, or Turkey topped with cheddar cheese, tomatoes & onions, smoothed w/ Chef Anthony '**Stack**'poole's "**Original Recipe**" Sweet and Hot Stuff Gourmet Mustard. **Tony** has made this mustard from scratch in the Soo since 1994!
w/ Roast Beef or Corned Beef **$ 12.99**

"THE CUP" CLUB **Our 4th Best Seller** **$ 10.99**
Ham, turkey & bacon, w/ Mayo, lettuce, & tomatoes on wheat. (ask to add cheese for $1)

STRAWBERRY FIELDS **$10.99**
Your choice of Ham, Chicken, or Turkey, w/ tomatoes, lettuce, cucumbers and strawberry cream cheese.
w/ Roast Beef or Corned Beef **$ 12.99**

CHICKEN SALAD CROISSANT **$ 12.99**
Our house favorite Michigan inspired chicken salad topped with lettuce, & tomatoes.
CHICKEN SALAD WRAP or SANDWICH **$ 11.99**

A.J.'s HERBED HAM WRAP **$ 9.99**
Our herbed cream cheese, sliced ham, black olives, lettuce, & tomatoes rolled in a sun-dried tomato tortilla.

THE ALL AMERICAN **$ 9.99**
Ham and cheddar cheese, topped with yellow mustard, mayonnaise, lettuce and tomatoes on whole wheat.

CURED HAM PANINI **$ 9.99**
Ham, Swiss cheese, mustard, tomatoes & leaf lettuce grilled in our Panini Grill.

HAM & CHEESE WRAP **Our 3rd Best Seller** **$ 9.99**
Shaved ham, cheddar cheese, Ranch dressing, lettuce and tomatoes rolled in a sun-dried tomato tortilla.

HAM CLUB **$ 9.99**
Ham, turkey, Swiss cheese, Ranch dressing, tomatoes & leaf lettuce served on whole wheat bread.

BLT WRAP or CLASSIC BLT **$ 8.99**
The American Classic with our Hickory Smoked Bacon in a sun-dried tomato tortilla wrap or on toasted wheat.

ROY CLUB PANINI **$ 8.99**
Ham and turkey on whole wheat with cheddar cheese, Ranch dressing and lettuce grilled in our Panini Grill.

BIG APPLE **$ 10.99**
Beef & turkey with cheddar cheese, lettuce, tomatoes and our Caesar dressing served on a toasted bagel.

HERBED BEEF **$ 12.99**
Roast Beef, lettuce and red onions accented with herbed cream cheese.

MARY'S MARVEL **$ 12.99**
Our lean Roast Beef topped with herbed cream cheese, horseradish, lettuce & crisp cucumber slices.

THE METRO (a Roast Beef Reuben) **$ 12.99**
Beef, coleslaw, cheddar & Russian dressing; grilled.

ROAST BEEF WRAP **$ 12.99**
Roast Beef, onions, lettuce, tomatoes & olives topped with Mayonnaise, wrapped in a sun-dried tomato tortilla.

TUNA SALAD CROISSANT **$ 12.99**
Tuna salad with lettuce, cucumbers & tomatoes.

J's CHOICE **$ 10.99**
Judy's favorite! Albacore Tuna salad, cheddar cheese, tomato, onion green pepper, grilled on our Panini.

FISH IN DAZE **$ 10.99**
Flaked albacore tuna, Swiss cheese, coleslaw & Russian dressing, on grilled Jewish rye.

TUNA LUNA or TUNA MELT **$ 9.99**
- Our tuna salad with leaf lettuce & tomatoes on wheat.
- Our tuna salad grilled w/ cheddar cheese on wheat.

CORNED BEEF PANINI **$ 10.99**
Corned beef, Swiss cheese & yellow mustard, grilled.

TRADITIONAL CORNED BEEF REUBEN **$ 12.99**
Corned beef, sliced thin & topped with sauerkraut, Swiss cheese & Thousand Island dressing.

MANHATTAN REUBEN **$ 12.99**
Corned beef with coleslaw, Swiss cheese & Thousand Island dressing grilled in our Panini Press.

CALIFORNIA PANINI **2nd Best Seller** **$ 9.99**
Turkey, cheddar cheese, guacamole, tomatoes & our Homemade Buttermilk Ranch, grilled in a Panini Grill.

MEXICAN WRAP **$ 9.99**
Fresh tomato salsa and cheddar cheese with turkey, onions, olives & lettuce wrapped in a tomato tortilla.

TURKEY IN THE SLAW **$ 9.99**
Turkey, coleslaw, Russian & tomatoes in a Wrap.

TURKEY REUBEN **$ 9.99**
Turkey, Swiss, coleslaw & Russian dressing; grilled.

TURKEY WRAP **$ 9.99**
Turkey, guacamole, lettuce, tomatoes, and cucumbers wrapped in a Sun-dried tomato tortilla.

CHICKEN CAESER WRAP **$ 11.99**
Crisp lettuce tossed with, Caesar dressing, tomatoes, chicken, & cucumbers, wrapped in a sun-dried tomato tortilla.

CLUCKER WRAP **$11.99**
Smoked Chicken topped with our tangy BBQ Sauce, cheddar cheese, lettuce, tomatoes & onions wrapped in a sun-dried tomato tortilla.

CHICKA-CHICKA BOOM-BOOM WRAP **$ 11.99**
Golden brown chicken breast with cheddar cheese, lettuce, tomatoes & our house Boom-Boom Sauce.

PEPPERCORN PARMESAN RANCH WRAP **$ 11.99**
Sliced chicken topped with Peppercorn Ranch dressing, lettuce, tomatoes, and parmesan cheese.

SLOW SAULT BBQ **$ 11.99**
Sliced Chicken with Barbecue sauce, onions, tomatoes & Swiss cheese; grilled, topped w/ lettuce.

MEDITERRANEAN CHICKEN PANINI **$ 11.99**
Sliced chicken, tomatoes, onions and green peppers with our Roasted Garlic dressing & swiss cheese.

CHICKEN & RANCH PANINI **Our Best Seller** **$ 11.99**
Sliced smoked Chicken breast & cheddar cheese w/ our Homemade Buttermilk Ranch dressing, grilled then topped with lettuce & tomatoes. (add bacon **$1**)

ENTRÉE SALADS

All salads are served with a breadstick & dressing.

Dressing Selections
Homemade Buttermilk Ranch - Caesar
1000 Island - Russian
Raspberry Vinaigrette - FF Roasted Garlic Balsamic
Extra side of dressing: **add $.50**

TUNA or CHICKEN SALAD PLATE **$ 13.99**
Mixed greens garnished with Tuna salad or our rightly famous Chicken Salad, with fresh robust fruits & farm-fresh vegetables.

GREAT AMERICAN CHEF SALAD **$ 13.99**
A tossed salad of gargantuan proportion topped with turkey, ham, Swiss & cheddar cheeses & adorned with fresh vegetables.

"THE CUP" HOUSE SALAD **$ 8.99**
A tossed salad of enlightened proportions brimming with vigorous, fresh vegetables.

GREEK GARDEN **$ 9.99**
Crisp gourmet greens covered with feta cheese, olives, red onions, cucumbers and banana peppers served with our Roasted Garlic Balsamic Vinaigrette.
w/ CHICKEN **$ 13.99**

CHICKEN FAJITA SALAD **$ 13.99**
Southwest seasoned chicken breast served with black olives, onions, peppers and our fresh tomato salsa dressing.

BLACKENED CHICKEN SALAD **$ 13.99**
Spicy Cajun chicken breast decorated with veggies and served with our FF Roasted Garlic Balsamic dressing.

MICHIGAN CHERRY SALAD **$ 9.99**
A tossed salad of mingled greens, cashews, dried Traverse City Cherries and served with our Raspberry Vinaigrette.
w/ CHICKEN **$ 13.99**

COBB SALAD **$ 13.99**
The traditional Brown Derby creation, with a little jazzed-up, Cup of the Day creativity.

CAESAR SALAD **$ 9.99**
Crisp romaine lettuce hand tossed with our house-made Caesar vinaigrette, topped w/ grated Parmesan cheese, tomato wedges, sliced onions and olives.
w/ CHICKEN **$ 13.99**

SOUP - SALAD - BREADSTICKS **$ 11.99**
Our famous House Salad with your choice of dressing accompanied with a bowl of one of our daily soups served with an extra breadstick.

RAW VEGETABLES AND DIP **$ 5.99**

SIDE SALAD (Tossed or Caesar) **$ 5.99**

6-30-2026